

WHAT IS BEREAVEMENT?

The death of a loved one changes our life forever and the experience from “before” to “after” is often a journey longer and more painful than anticipated.

Grief is what we think and feel on the inside after someone we love dies. Mourning is the outward expression of those feelings and thoughts.

We all grieve when someone we love dies but if we are to heal, we must also mourn.

We can mourn by:

- talking about our loved one
- crying
- expressing our thoughts/feelings through art/music
- acknowledging special dates

“Thank you for allowing me to grieve and for the chance to find me again, through all the pain.”

~ Mother who lost her daughter



OTHER BEREAVEMENT SERVICES

- Advocacy and education to individuals and the community at large
- Monthly information and educational sessions for adults and caregivers of bereaved children
- Seminars and group presentations to address community and workplace needs
– Available upon request
- Educational resources including articles, children’s colouring books

The bereavement services of CMHA-WECB are partially funded programs and rely on fundraised dollars to operate. Please consider making a charitable donation to the bereavement programs by contacting 519-973-4435.

ADULT BEREAVEMENT & GRIEFWORKS:

Contact CMHA-WECB at 519-973-4435



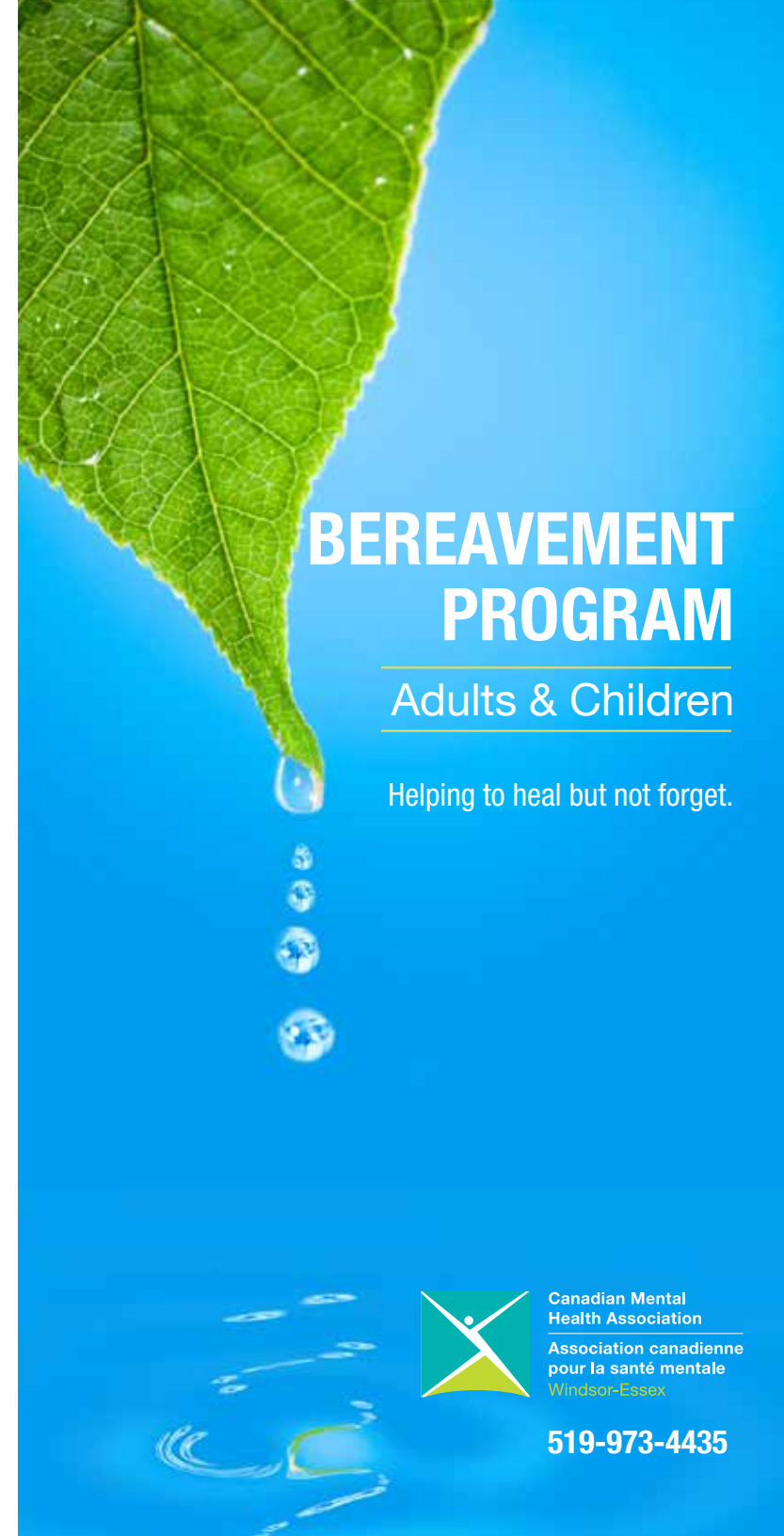
Canadian Mental Health Association

Association canadienne pour la santé mentale

Windsor-Essex

CMHA Windsor-Essex County Branch
1400 Windsor Ave., Windsor, ON N8X 3L9

www.windsor-essex.cmha.ca



BEREAVEMENT PROGRAM

Adults & Children

Helping to heal but not forget.



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519-973-4435

“There are always two parties to a death, the person who dies and the survivors who are bereaved.”

~ Arnold Toynbee



ADULT BEREAVEMENT RESOURCES PROGRAM

The philosophy of the Bereavement Program is based on professional and volunteer peer support, healthy interaction and teaching of skills to assist you in rebuilding your life after the death of your loved one.

We offer:

- Support for normative grief (short-term individual sessions & groups)
- Preventative services for bereaved at risk of developing complex grief (individual sessions for people with concurrent disorder i.e. depression, addiction and other mental health issues; bereaved parents, suicide survivors)
- Structured therapy for individuals with traumatic PTSD symptoms and complex/unresolved grief (12+ months after the death)



“The process of adjustment to death is longer than the funeral”

~ Rabbi Earl A. Grollman



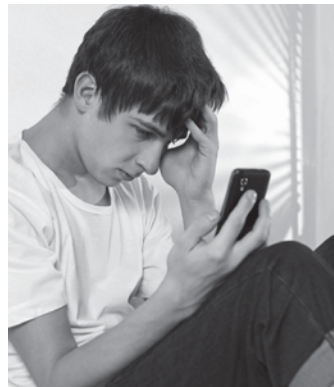
GRIEFWORKS RESOURCES PROGRAM

Griefworks is a community based program designed to address loss experienced by children and adolescents. It provides a continuum of support for families, individual children and adolescents (up to the age of 18 years), professional caregivers and the child or adolescent's social environment.

We offer:

- Short-term activity based clinical intervention for the child
- Parent education support group
- Consultation with professionals in the child's social environment
- Therapeutic Intervention Group - This group is offered to similarly aged children who have experienced the death of a loved one

It is important to recognize that children grieve differently than adults. Death for children can present many long term mental and physical consequences. Children's grief is often expressed through their behaviour, play and academic performance.



“I don't know where I would be if I hadn't talked to you when I had no one else to turn to.”

~ Suicide Survivor
age 23

“It is the only time I have not felt mad or sad since my dad died.”

~ 11 year old
attending
Griefworks

